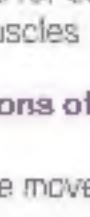
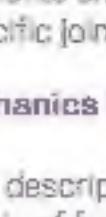


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**MODULE III****Topic 9: Basic nutrition**

- Metabolism and energy balance
- Carbohydrates
- Proteins
- Fats
- Vitamins, minerals and water.
- Nutritional pyramid for performance
- Natural anabolic nutrition
- Basic sport nutrition
- The supplements
- The 20 best foods
- The recovery

**MODULE IV****Topic 10: Training cycles and programs**

- Training systems for beginners, Intermediate level and Advance level
- The perfect warm up
- Stretching
- Basic breathing and muscle relaxation techniques
- Practical training principles
- Cardiovascular training

**MODULE V****Topic 11: Personalized physical activity**

- Aerobic Training
- Activities that meet the demands of aerobic work
- Starting over
- Establishing a Program
- Anaerobic training
- List of exercises

**MODULE VI****Topic 12: Abdominal: Anatomy and Structure**

- Anatomy of the abdominal wall
- Muscles worked on abdominal exercises
- Thoracolumbar Fascia: Architecture and Structure
- Overview and Morphologic aspects of the Abdominal Muscles
- Anatomy of the Vertebral Column
- Planes and Axis of Motion of the Spine
- Anatomy of the vertebrae with emphasis on the Lumbar spine
- Joints of the Vertebral Column
- Intervertebral Disc structure and Zygopophyseal Joint Structures
- Ligaments of the Vertebral Column

**Topic 13: Abdominal: Kinesiology and Biomechanics**

- Kinesiology considerations about the Abdominal Exercises
- Biomechanics of the Lumbar Spine
- Application of Biomechanics on Abdominal Exercises
- Machines and devices used for Abdominal Exercises: Myths and Truth
- Abdominal Exercises for fat Loss
- Kinesiology and Biomechanics Analysis from 45 abdominal exercises
- Abdominal exercises during pregnancy
- Specific Stretch Exercises

**MODULE VII****Topic 14: Organization and administration of a gym**

- Procedures for the gym's day to any operations
- Check list of gym rules and policies
- Check list for staff requirements
- Responsibilities of the staff
- The visual communication
- Guaranteed of quality
- Continuous Improvement
- Check list for maintenance Clients file
- Check list for first-aid equipment
- Check list for overall gym preparedness
- Check list for staff preparedness
- Maintenance

**Topic 15: The safety training**

- Preparation of the physical structure of the weight training room
- Emergency preparedness
- Checklist for first-aid equipment

**Topic 16: Questionnaires**

- Physical Fitness Questionnaire
- Waist / Hip Ratio
- Risk factors
- Anthropometric evaluation
- Training program goals
- Test Par-O & you
- Health Questionnaire
- Questionnaire for a training program

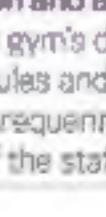
**BONUS**

The anti-doping in sport

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